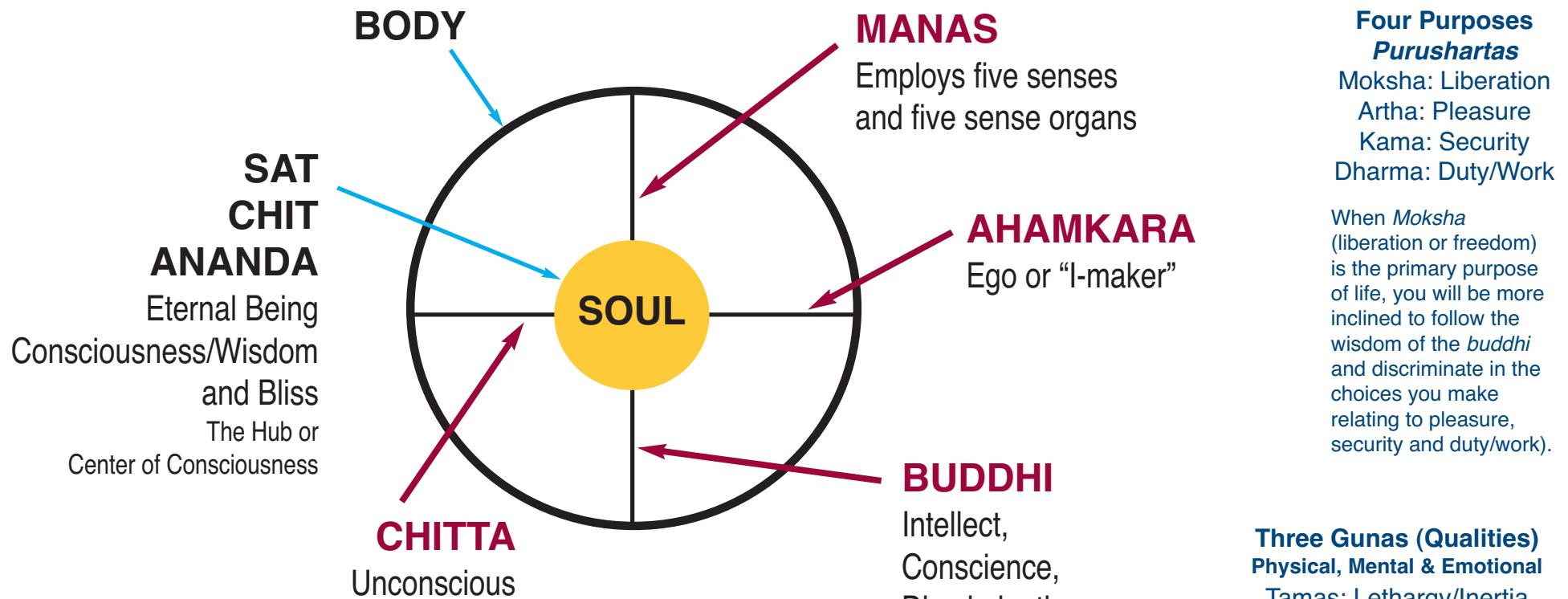


Coordinating the Four Functions of the Mind RESOLVES INNER CONFLICT



Because the mind moves first and the body follows, all Yoga (union—which brings happiness, security and well being) begins with an understanding and coordination of the functions of the mind. Since only the *buddhi* has the capacity to reflect wisdom from the superconscious portion of the mind and the power to discriminate, determine, judge and decide, your meditation practice

asks you to align all your thoughts, words and deeds with the wise and good counsel of the *buddhi*. The more consistently the ego, senses and unconscious habits defer to the quiet prompting of the *buddhi*, your dis-ease is transformed into reserves of positive energy, creativity and will power that will enable you to fulfill the purpose of your life—without pain, misery or bondage.

For a complete explanation, read the handout on the “GUNAS.”

Yoga Psychology — The Anatomy of the Three Selves

